

How to Take Care of Your Baby Before Birth



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If you want your baby to be strong and healthy....

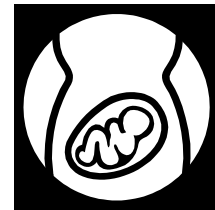
There are many good things you can do right now to keep yourself healthy. These things can help your baby grow strong and healthy, too.



- Visit your doctor at least once a month for the first 7 months, and more often after that.
- Eat right. Include plenty of milk, fish, meat, fruits, vegetables, whole wheat bread, and cereals.
- Take time to exercise, rest, and get enough sleep.
- Learn all you can about taking care of your baby. Look for childbirth classes in your community.
- Tell your problems to your doctor, a counselor, your spiritual advisor, or a relative or friend you can trust.

While you are pregnant....

Don't use alcohol and other drugs. When you use drugs, so does your baby. Alcohol and other drugs can harm your baby.

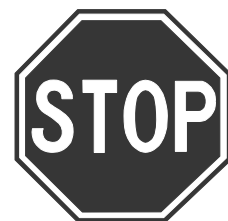


- Don't drink beer, wine, wine coolers, or liquor.
- Don't smoke cigarettes or marijuana (pot).
- Don't use crack/cocaine, heroin, amphetamines, inhalants (such as gasoline or ammonia), or any other drugs sold on the street.
- Don't even take drugs you can buy in a store, such as aspirin, laxatives, or vitamins, unless your doctor says it is okay.

If you use drugs or drink alcohol now, your baby might have health problems later. Using drugs can make your baby sick, small, or slow to learn.

If you are drinking alcohol or using other drugs...

STOP NOW! It's not too late to quit. Don't drink any more alcohol or use any more drugs. If you stop drinking alcohol or taking drugs now, you can give your baby a better chance to be born healthy.



If you want to quit using alcohol or other drugs....

Talk with a doctor or nurse. They can help you or tell you how to get help. The following are some groups that can also help. Dial 411 to get their local telephone numbers in your area.



- Health department or clinic
- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)
- Church groups

You can help your baby to grow strong and healthy....

- Visit your doctor regularly.
- Take care of yourself. Eat good food, exercise, and get enough sleep.
- Talk to somebody you trust about problems.
- Learn all you can about babies.
- Take childbirth classes.
- Remember that alcohol and other drugs can make your baby sick.
- Get help from a clinic, organization, or support group.



Call 1-800-879-2772 if you want to talk to someone about a problem with alcohol or other drugs.